



## **PHYSICALLY-ACTIVE SUNWISE CURRICULUM ACTIVITIES & VARIATIONS TO MAKE ACTIVITIES PHYSICALLY ACTIVE**

1. **Speedy Sun Relay Race**
2. **Sunny Says:** A variation on Simon Says which would insure that no child is excluded from the game, would be to have children line up side-to-side. Children take three big jumps forward after every correct response. Those who respond incorrectly remain still but advance the next time they respond correctly. The goal is to reach the other side of the field by jumping and the questions go quickly, so that the children are actively hopping across the field.
3. **SunWise Beach Party:** A variation is to dress for the beach party and then play beach games like Frisbee (included), volleyball, badminton, and kick ball. Fun can also include the hop-skip-and jump, sack races, horse shoes, two-legged race, jump rope race and hula hoop exercise. With music, participants can hula dance, limbo, do the funky chicken, the twist, Macarena, electric slide, and more. Try a beach week extravaganza.
4. **Measure Your Shadow:** A variation is to race through this exercise, choosing different areas of the school grounds to draw the shadow outline. Or, have the student drawing the chalk outline close his/her eyes or wear a blindfold and let the student being outlined lead the drawer to the next location. Add additional locations requiring the students to run to the next location.
5. **Hot Potato with the Sun**
6. **SunWise Fashion Show**
7. **SunWise Virtual Vacation:** A variation after choosing your vacation location is to try the native sports and activities of that country. Try hackey sac, bocce ball, petanque, speedaway, rugby, badminton, croquet, soccer or make up your own versions of rugby, la crosse and games that will be new to all participants. You can even dress in the country's native clothing.

8. **Sun Safety Survey:** A variation on this exercise is to break the students into groups and create a relay. Take a sheet of paper and write one question on each sheet. Post the sheets with a pen in different locations so that children must find actively and answer all 10 questions.
9. **Sun Science:** A variation on this activity is to have children go outside and collect objects that can be used to demonstrate the sun's damaging effects. Give students 10 minutes outside to race and collect as many different items as possible—leaf, napkin, rock, etc.
10. **UV Frisbee Fun**
11. **UV Frisbee Science:** A variation is to have each student in charge of a different item. For example, a student may have sunscreen lotion, cotton ball, cloth swatch, tape, black plastic, clear plastic, etc. Each student with an item stands at a different station. Remaining students are split into groups. Each group must run to each station with their Frisbee covered, then place the item on the Frisbee and expose Frisbee to the sun until it turns pink. The group then removes the item and runs with the Frisbee covered to the next station. The group cannot place an item on the Frisbee until it has faded to white. A recorder keeps track of the protection levels of each item. For example, clear plastic provides no protection whereas black plastic does. When the group has visited every station, it returns to the starting point. First group back wins.
12. **Map A SunWise Town:** A variation is to have students walk and map their school and determine areas where additional shade would be beneficial—in terms of trees and shade structures.
13. **SunWise Word Scramble:** A variation is to have the teacher write the 19 scrambled words in chalk on a concrete play surface without letting students see the words. Students line up about 50 yards away and take turns trying to decipher the first word. The first student runs to the first word. If he can decipher the word, he writes it next to the scrambled version. If he doesn't, he runs back and hands his chalk to the next student until all words have been revealed. Teachers may want to mention the words ahead of time when discussing skin safety with class.
14. **A Sunny Performance:** Act out an overexaggerated performance using big steps, large arm movements and dramatic pleas for fellow students to be SunWise—sure to have classmates laughing while learning the importance of sun safety.

15. **Sun Safe Beach Party:** A variation is to have children set up a beach scene in the gym and engage in beach activities—play paddle ball, Frisbee, etc. and have someone sound a buzzer every ten minutes to demonstrate that it only takes 10 minutes during peak UV times for unprotected skin to burn.

## **ADDITIONAL ACTIVITIES:**

16. **Hat Relay Race:** Students bring in a variety of hats—baseball cap, visor, straw hat, bandana, wide-brimmed hat, clown hat, ski hat, etc. The class is divided into two teams with a pile of hats for each team. Each student runs down the field to the hats and places a hat on his/her head then runs back to the starting line. Each team must line up its students in order of protection value of the hats they are wearing. For example, the student wearing the visor which has the least protection, would be at one end of the line. The student wearing the hat with the most protection (a wide-brimmed, tightly woven hat) would be at the other end. The first team satisfied with its line-up order, yells “SunWise” and participants from both teams freeze. The team that finishes first wins. However, if the opposing team disagrees with the order of hat protection, they must plead their case of why one hat is not as protective as another. The team with the correct hat sequence: visor to wide-brim, wins.
17. **Sunscreen Scarecrow Relay:** This is good activity for a water-play day to ensure kids are covered: Someone brings a bottle of sunscreen lotion. Divide students into groups. Each group of students lines up across a field with their arms out to their sides, about 20 feet apart. The first student pours sunscreen lotion into his hand and rubs on exposed areas—his arms, legs, face and neck, then runs to the next student and hands him the bottle. Each student hands off to the next and the first group to finish wins.
18. **SunWise True or False:** Photocopy the SunWise FACT SHEET and cut individual facts into strips of paper. Lightly write the letter “T” on the back of each fact. Have each student make up an UnWise myth about sun protection. Type myths on the computer, print out and cut into strips. Lightly write the letter “F” on the back of each myth. Place all true and false paper strips into a hat, folded so you cannot see the T or F. Repeat this process so that there is a collection of true and false strips for two groups. Divide class into two groups about 50 feet apart. Have students in each group line up in a row and sit down about 30 feet apart from one another. The first student in each group draws a strip from the hat and reads the fact aloud to his team members and answers “true” or “false.” He then checks the back and announces whether he was correct. If he answers correctly, he runs to the next student who is seated and allows her to draw a strip of paper. She reads the statement aloud and answers true or false and checks the back of the paper to compare her answer. She runs to the next

student and the previous student sits in her place. When a student answers incorrectly, they still advance to the next person, but must walk backwards to reach that person. The first team to finish wins.

19. **SunWise Clothing Treasure Hunt**: Have students bring in old clothing that is SunWise and UnWise: visors versus wide-brimmed hats, tank tops versus long-sleeved shirts, shorts versus pants, SPF 15 sunscreen versus dark tanning oil. The teacher can hide each set of good/bad items in a different location. She then writes clues to help students find the items. For example, “When it’s time for recess, here’s a place you’d want to be. It’s north of the school’s central library.” Students then hunt for the items as a group. Two students are selected to wear the items, one is a SunWise model. The other is an UnWise model. As students find the items, they dress the SunWise clothing on the SunWise model and UnWise clothing on the UnWise model. Once all items are found, students return to their starting point and see how they did.